

RURAL DISTRICT COUNCIL



ABERAREON, CARDIGANSHIRE

PUBLIC HEALTH DEPARTMENT

ANNUAL REPORT, 1963

MEDICAL OFFICER OF HEALTH:

Jos. R. Jones, B.Sc., M.B., B.Ch., D.R.C.O.G., D.P.H.

PUBLIC HEALTH INSPECTORS:

Dyfrig O. Davies, Cert. S.I.B.
W. Trevor Rees, C.R.S.I., M.P.H.I.A.

ABERAERON RURAL DISTRICT COUNCIL

Chairman
1962/63

Councillor J.W. Jones

Chairman
1963/64

Councillor T.J. Morris

Committees dealing with Public Health Matters

(a) Public Health Committee

Chairman
1962/63

Councillor T.J. Davies

Chairman
1963/64

Councillor David Davies

(b) Housing Committee

Chairman
1962/63

Councillor J.J. James

Chairman
1963/64

Councillor E.E. Williams

(c) Public Works Committee

Chairman
1962/63

Councillor David Jenkins

Chairman
1963/64

Councillor Martin Morgan

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Council Offices,
1, North Road,
ABERAERON.

Telephone: Aberaeron 327.

To the Chairman and Members of the
Aberaeron Rural District Council.

I have the honour to present the Annual Report for 1963. In the 1962 report, I stated that "complacency is the worst enemy of preventive medicine especially in regard to infectious diseases". During 1962, there was an epidemic of smallpox and in 1963 there was an outbreak of typhoid involving over 400 people in Switzerland and some people from this country were involved in this. At the time of writing an outbreak has occurred in Aberdeen. Minor outbreaks of typhoid have also occurred in this country in recent years due to people contacting the disease on the Continent and returning to this country during the incubation period. The mortality from typhoid has diminished greatly due to improved therapy, but it is a serious illness and spread of the disease frequently occurs from infected cases by faulty personal hygiene. Typhoid, paratyphoid and other organisms can be disseminated through contaminated food - such food supplies being contaminated by persons incubating the disease or symptomless carriers.

It is in this field of personal hygiene that much teaching is required. Periodically, posters supplied by the Central Council for Health Education and Ministry of Health are distributed to all food premises by the Public Health Inspectors whilst, at the same time, emphasis is laid on the need to conform with the Food and Drugs Act and subsequent regulations. This repetitive work takes up much time but is absolutely essential. Personal hygiene in the homes is equally as important, for many persons do not wash their hands after being to the lavatory and public authorities should consider supplying hand washing facilities in their public lavatories free of charge.

I must also draw your attention to another infectious disease, namely venereal disease. The incidence of this disease is rising throughout the country and both adolescents and adults should be told that sexual promiscuity eventually leads to venereal infection.

Fluoridation was a topic much discussed during the year and the Council

has made its decision. A recent paper published in the United States suggested that fluoridation of public water supplies might be the cause of mongolism in children. This has been firmly repudiated by many other studies. (In June, 1964, the Birmingham City Council commenced fluoridation of its public water supply).

The total population figure living within the area remains much the same. The birth rate is a little below the national figure and the adjusted death rate is slightly below the national figure.

There were no epidemics of infectious disease during the year. Four new cases of tuberculosis were notified but no case occurred amongst children.

The Council is to be commended for progressing with various sewerage disposal schemes and before very long, the whole area will be adequately sewered.

A more detailed report, including a section by the Public Health Inspector, will be found in the following pages.

YR ADRODDIAD BLYNYDDOL

Anrhydedd yw imi gyflwyno'r Adroddiad Blynyddol am 1963. Yn yr adroddiad am 1962, mynegais mai "ymfodddhad yw gelyn gwaethaf meddygaeth arbedadwy yn enwedig mewn cysylltiad â chlefydau heintus". Yn ystod 1962, bu epidemig o'r frech wen, ac yn 1963, cyffyrddodd haint typhoid â dros 400 o bobl yn yr Yswisdir ac fe gysylltiwyd rhai pobl o'r wlad hon â hyn. Tua'r adeg yr wyf yn ysgrifennu, digwyddodd haint yn Aberdeen. Digwyddodd heintiau llai o typhoid yn y wlad hon yn y blynyddoedd diweddaraf oherwydd i bobl gael y clefyd ar y Cyfandir, a dychwelyd i'r wlad hon yn ystod yr ysbaid deori. Bu i farwolaeth oddiwrth typhoid leihau'n enfawr o gael gwell therapi, ond salwch difrifol yw, ac ymleda'r clefyd yn aml oddiwrth bobl heintus trwy ddiffyg glendid personol. Fe ledaena typhoid, paratyphoid ac organebau eraill trwy fwyd llygredig - llygru'r bwyd gan rai'n deori'r clefyd, neu gludwyr di-arwydd.

Ym myd y glendid personol yma, rhaid wrth addysg. O amser i amser, ceir posterï gan Gyngor Canol Addysg Iechyd a'r Weinidogaeth Iechyd Cyhoeddus; hefyd, ar yr un adeg, fe bwysleisir fod angen cydymffurfio â'r Ddeddf Fwyd a Chyffurau, a'r rheolau dilynol. Fe gymerth y gwaith hwn lawer o amser ond fe erys yn wir hanfodol. Mae glendid personol yn y cartrefi yr un mor bwysig, canys ni fydd llawer yn ymolchi dwylaw ar ôl bod yn yr elysfa ac fe ddylai'r Awdurdodau Cyhoeddus roi cyfleusterau ymolchi dwylaw yn eu helysfeydd cyhoeddus yn rhad ac am ddim.

Rhaid imi dynnu'ch sylw at glefyd heintus arall, sef y clefyd gwenerol. Ehangu mae digwyddiad y clefyd hwn trwy'r wlad a dylid argyhoeddi'r llencyndod a'r oedolion fod diwahaniaeth rhywiol yn arwain yn y pen draw at glefyd gwenerol.

Yn ystod y flwyddyn bu ychwanegu "fluoride" i'r dŵr yn bwnc llosg a drafodwyd yn aml, a gwnaeth y Cyngor ei benderfyniad. Awgrymwyd mewn ysgrif diweddar a argraffwyd yn yr Unol Daleithiau fod ychwanegu "fluoride" i'r dŵr cyhoeddus efallai yn achosi mongoliaeth mewn plant. Fe ddiarddelir

hyn yn bendant gan astudiaethau eraill. (Ym Mehefin, 1964, ychwanegwyd "fluoride" i'r dŵr cyhoeddus gan Gyngor Dinesig Birmingham).

Erys nifer y boblogaeth gyfan sy'n byw o fewn yr ardal braidd yr un fath. Ychydig yn is na'r rhif cenedlaethol yw'r genedigaethau a cheir fod y rhif marwolaethau cymwysedig ychydig yn is na'r rhif cenedlaethol. Ni hysbyswyd yr un clwyf heintus yn ystod y flwyddyn. Fe hysbyswyd fod pedwar wedi cael y darfodedigaeth; nid oedd yr un plentyn yn eu mysg.

Fe haedda'r Cyngor ganmoliaeth am fynd ymlaen â'r gwahanol gynllunion gwarediad carthion a chyn bo hir, fe waredir carthion yn ddigonol yn yr ardal.

Fe geir adroddiad manwl yn y tudalennau dilynol yn cynnwys adroddiad gan yr Archwiliwr Iechyd Cyhoeddus.

VITAL STATISTICS

							<u>1963</u>	<u>1962</u>	<u>1961</u>
1. <u>BIRTHS</u>									
Total	119	121	120
					Leg:	109	114	114
					Illeg:	10	7	6
Illegitimate live birth per cent of total live					births	8.4	5.8	5.0
Rate per 1,000 population (crude)			13.29	13.5	13.35
Rate per 1,000 population (adjusted)			16.48	15.8	15.62
Rate per 1,000 population England & Wales			18.20	18.00	17.40
2. <u>STILLBIRTHS</u>									
Total	8	7	4
					Leg:	8	6	4
					Illeg:	-	1	-
Rate per 1,000 live and stillbirths			62.99	54.68	32.26
Rate per 1,000 live & stillbirths England & Wales			17.3	18.10	18.70
3. <u>TOTAL LIVE AND STILLBIRTHS</u>			127	128	124
4. <u>PERI-NATAL MORTALITY</u> (Stillbirths plus early neo-natal deaths)									
Total	12	10	6
					Leg:	12	9	6
					Illeg:	-	1	-
Rate per 1,000 total live and stillbirths			94.48	78.1	48.39
5. <u>EARLY NEO-NATAL MORTALITY</u> (deaths under one week)									
Total	4	3	2
					Leg:	4	3	2
					Illeg:	-	-	-
Rate per 1,000 total live births			33.61	24.79	16.66
6. <u>LATE NEO-NATAL MORTALITY</u> (deaths over one week and under four weeks)									
Total	-	1	-
					Leg:	-	1	-
					Illeg:	-	-	-
Rate per 1,000 total live births			-	8.26	-
7. <u>INFANT MORTALITY</u> (total deaths under one year)									
Total	4	4	3
					Leg:	4	4	2
					Illeg:	-	-	1

	<u>1963</u>	<u>1962</u>	<u>1961</u>
7. <u>INFANT MORTALITY CONT'D.</u>			
Rate per 1,000 total live births	33.61	33.0	25.00
Legitimate infant deaths per 1,000 legitimate live births	36.69	33.33	17.54
Illegitimate infant deaths per 1,000 illegitimate live births	-	-	166.66

8. MATERNAL MORTALITY (including abortion)

Number of deaths	-	-	-
Rate per 1,000 total live and stillbirths	-	-	-

DEATHS

Total	126	125	119
Rate per 1,000 population (crude)	14.07	13.95	13.24
Rate per 1,000 population (adjusted) ...	12.66	11.72	11.12
Rate per 1,000 population England & Wales	12.20	11.90	12.00

Area comparability factor for births ...	1.24	1.17	1.17
Area comparability factor for deaths ...	0.90	0.84	0.84

POPULATION STATISTICS

Area (in acres)	99,321
Population (census 1961)	9,014
Population (Registrar General's Mid-Year 1963)	8,950

The 1963 area comparability factors are based on population data derived from the 1961 Census, whereas previous years' area comparability factors were based on the 1951 Census results.

CAUSES OF DEATH

Registrar
General's
Code Number

Causes of death

Number of deaths
Male Female Total

1	Tuberculosis, respiratory	-	-	-
2	Tuberculosis, other	-	-	-
3	Syphilitic disease	-	-	-
4	Diphtheria	-	-	-
5	Whooping Cough	-	-	-
6	Meningococcal infections	-	-	-
7	Acute poliomyelitis	-	-	-
8	Measles	-	-	-
9	Other infective & parasitic diseases	-	-	-
10	Malignant neoplasm, stomach	2	2	4
11	Malignant neoplasm lung, bronchus	2	-	2
12	Malignant neoplasm, breast	-	-	-
13	Malignant neoplasm, uterus	-	1	1
14	Other malignant & lymphatic neoplasms	5	1	6
15	Leukaemia, aleukaemia	2	-	2
16	Diabetes	-	-	-
17	Vascular lesions of nervous system	11	12	23
18	Coronary disease, angina	12	9	21
19	Hypertension with heart disease	3	-	3
20	Other heart disease	10	19	29
21	Other circulatory disease	3	2	5
22	Influenza	-	-	-
23	Pneumonia	2	1	3
24	Bronchitis	5	-	5
25	Other diseases of respiratory system	-	1	1
26	Ulcer of stomach and duodenum	-	-	-
27	Gastritis, enteritis & diarrhoea	-	-	-
28	Nephritis and nephrosis	-	-	-
29	Hyperplasia of prostate	3	-	3
30	Pregnancy, childbirth, abortion	-	-	-
31	Congenital malformations	-	-	-
32	Other defined and ill-defined diseases	5	5	10
33	Motor vehicle accidents	1	1	2
34	All other accidents	1	3	4
35	Suicide	2	-	2
36	Homicide and operations of war	-	-	-

TOTAL:

69 57 126

INFECTIOUS DISEASES

The following is a list of the notifications of infectious disease, other than tuberculosis, received during the year.

Diphtheria	Nil
Dysentery (amoebic & bacillary)				Nil
Encephalitis	Nil
Erysipelas	Nil
Food poisoning	Nil
Measles	21
Meningococcal meningitis			Nil
Paratyphoid fever		Nil
Pneumonia (acute primary and acute influenzal)	..			Nil
Poliomyelitis	Nil
Relapsing fever		Nil
Scarlet fever		Nil
Smallpox	Nil
Whooping Cough	Nil

TUBERCULOSIS

The following table shows the sex and age distribution of the new cases notified during the year.

AGE GROUP	RESPIRATORY		NON-RESPIRATORY	
	Male	Female	Male	Female
5 - 14	-	-	-	-
15 - 24	1	-	-	-
25 - 44	-	1	-	-
45 - 64	1	-	-	-
65 +	-	-	1	-
TOTAL:	2	1	1	-

GENERAL PROVISION OF HEALTH SERVICES IN THE AREA

These remain essentially the same as in previous years and are under the control of the County Council.

SECTION 47 OF THE NATIONAL ASSISTANCE ACT, 1948

No action was required to be taken during the year under the above Act.

JOS. R. JONES
MEDICAL OFFICER OF HEALTH

Cardiganshire Joint District Councils,
Swyddfa'r Sir,
(County Office),
ABERYSTWYTH.

June, 1964.

SECTION OF THE ANNUAL REPORT BY THE PUBLIC HEALTH
INSPECTOR

1. SEWERAGE

Sewerage and Sewage Disposal Schemes were completed in 1963 for the villages of Llangybi, Talsarn, Gilfachreda and Aberarth, while under construction at the end of the year were schemes for the villages of Llwyncelyn and Cribyn.

Preparations were being made for the commencement of new schemes in 1964 for Cross Inn (Llanon), Nanternis, Llwyndafydd, Caerwedros, Felinfach and Alityblacca.

2. DRAINAGE

During 1963, 71 applications were granted for conversion from the conservancy to the water carriage system.

The cesspool emptier was engaged in work at Council Estates and private properties which involved the removal and disposal of approximately 400,000 gallons of sludge. Payments in respect of private properties for 1963 totalled £1,684. 7. 8.

3. REFUSE COLLECTION AND DISPOSAL

This service which runs quite smoothly covers practically the whole of the district.

Disposal of refuse is by means of controlled tipping at Llanarth and Cilcennin.

The tips are kept in an orderly and hygienic condition and are regularly treated against infestation by rodents and vermin.

4. PREVENTION OF DAMAGE BY PESTS ACT, 1949

Summary of the work carried out by the Council's Rodent Operator for the year ended 31st December, 1963.

Number of inspections of private houses	165
Number of private dwellings treated and cleared of rodent infestations	39
Number of inspections of farms	30
Number of treatments of farms	Nil
Number of inspections of refuse tips	78
Number of treatments of refuse tips	30

5. HOUSING

(a) During 1963 eight Council Houses and twelve houses built by private enterprises were completed and at the end of the year, twenty-eight Council Houses and fourteen private houses were under construction.

(b) Housing Repairs and Rents Act 1954 and Housing Act, 1957

(i) Unfit houses closed under Section 16(4) and 35(1) of the Housing Act, 1957 10

(ii) Unfit houses made fit and houses in which defects were remedied after informal action by the Local Authority 1

(c) House Purchase and Housing Act, 1959, as amended by the Housing Act, 1961

(a) IMPROVEMENT GRANTS - DISCRETIONARY

Summary of application and payment of grants in 1963

Number of Applications

Approved

Approved Expenditure

Approved Grants

26

£19,162

£9,577

Average grant per application - £368. 6. 11.

Number of Payments made

Amount Paid

26

£9,505

Total Amounts of Grants Paid from 1955 to December, 1963: £98,680

Number of Applications approved in 1963 in respect of dwelling houses which were occupied by:

(i) Owners 14

(ii) Tenants 12

(b) STANDARD GRANTS

FORMAL APPLICATIONS RECEIVED			APPLICATION APPROVED				
24			Owner occupied dwellings		15		
			Other dwellings		9		
Grants Paid	No. of Dwellings concerned	Total Amount	Number of amenities provided				
			Fixed bath or showers	Wash Basins	Hot Water Supplies	Water Closets	Food Storage Facilities
	17	£2,247	17	17	17	15	11

Rent Act, 1957

- (i) Number of applications of Certificate of Disrepair Nil
- (ii) Number of decisions not to issue Certificates Nil
- (iii) Number of decisions to issue Certificates Nil
- (iv) Number of Certificates of Disrepair issued Nil
- (v) Number of applications by landlords for cancellation
of Certificates Nil

6. FACTORIES ACTS

Premises	Number on Register	Number of		
		Inspections	Written Notices	Occupiers Prosecuted
(1) Factories in which Sections 1,2,3,4 & 6 are to be enforced by Local Authorities	6	6	-	-
(2) Factories not included in (1) in which Section 7 is enforced by Local Authorities.	25	28	-	-
(3) Other premises in which Section 7 is enforced by the Local Authorities.	-	-	-	-
TOTALS:	31	34	-	-

7. INSPECTION AND SUPERVISION OF FOOD

(i) Meat Inspection

The animals slaughtered and inspected at the Llanybyther private slaughter-house during January-December, 1963 were as follows:-

Carcases and Offal inspected and condemned in whole or in part.

	Cattle	Calves	Sheep & Lambs	Pigs	Horses
Number killed	44	-	274	22	Nil
Number inspected	44	-	274	22	Nil
All diseases except tuberculosis and cysticerci. Whole carcasses condemned.	-	-	-	-	-
Carcases of which some part or organ was condemned.	6	-	-	-	-
Percentage of the inspected affected with disease other than tuberculosis and cysticerci.	13.6	-	2.2	-	-
Tuberculosis only. Whole carcasses condemned.	-	-	-	-	-
Carcases of which some part or organ was condemned.	-	-	-	-	-
Percentage of the number inspected affected with tuberculosis.	-	-	-	-	-
Cystiscerosis. Carcasses in which some part or organ was condemned.	-	-	-	-	-
Carcases submitted to treatment by refrigeration.	-	-	-	-	-
Generalised and totally condemned	-	-	-	-	-

(ii) Food Inspection

Meat and meat products condemned (outside slaughterhouses). Nil

Canned Meat 24 lbs 3 ozs

Canned and miscellaneous
foods other than meat 47 lbs 4 ozs

Total 71 lbs 7 ozs

(iii) Forty six visits were made to premises where ice cream is sold.

(iv) Fourteen inspections of restaurants and kitchens were made.

8. WATER SUPPLY

Nine samples were taken from public supplies and nine from private supplies and submitted for bacteriological examination.

All samples from the public supplies were found to be of excellent quality.

Four samples from the private supplies were found to be of excellent quality, the quality of five being unsatisfactory.

D. O. DAVIES

CHIEF PUBLIC HEALTH INSPECTOR.

PARISH	Estimated No. of dwellings supplied direct from the Mains		Estimated No. of dwellings supplied by Public Stand Pipes.		Action of Lead	Quantity
	No. of dwellings	Pop.	No. of dwellings	Pop.		
CELLAN	54	172	19	61	Nil	Satisfactory
CILCENNIN	42	134	13	42	Nil	----
CILIAU AERON	61	194	21	68	Nil	----
DIHEWYD	41	130	11	36	Nil	----
HENFYNYW UPPER	66	210	12	40	Nil	----
LAMPETER RURAL	29	93	10	28	Nil	----
LLANARTH	305	975	29	96	Nil	----
LLANBADARN TREFEGLWYS	84	258	23	74	Nil	----
LLANDDEWI ABERARTH	125	404	25	80	Nil	----
LLANDYSSILIOGOGO	192	615	36	112	Nil	----
LLANFAIR CLYDOGAU	34	108	15	49	Nil	-----
LLANFIHANGEL YSTRAD	222	234	24	78	Nil	----
LLANGYBI	52	169	-	-	Nil	----
LLANINA	44	142	2	8	Nil	----
LLANLLWCHAIARN	120	124	10	32	Nil	----
LLANSANTFFRAED	290	927	30	96	Nil	----
LLANWENOG	242	769	60	192	Nil	----
LLANWNEN	36	115	4	13	Nil	----
SILIAN	27	84	-	-	Nil	----
TREFILAN	40	126	4	13	Nil	----

